

TIRED ACASON GETS THE JOB DONE IN MELBOURNE

Veteran Australian weightlifter Deb Acason admitted in the lead up to today's 2014 Olight Australian Weightlifting Championships that she was feeling tired after a big 2014.

It maybe goes some of the way to explaining why the 31-year-old, who prides herself on her record of recording six successful lifts, could manage just the three in Melbourne today.

Not that it mattered. Acason's final 229 total was easily enough for the Olympian to secure yet another 75kg+ National title.

It may be her last, as she's stated publicly she may stop lifting in the New Year. Time will now tell.

In other results on the final day of competition, Cameroon-born Simplicie Ribouem lifted a total of 332kg to win the 94kg class.

Ribouem was Australia's most successful lifter in Glasgow this year, finishing with a controversial silver medal behind PNG's Steven Kari in the 94kg division.